



AMEDD MUSEUM  
20th  
ANNIVERSARY:  
RIBBON  
CUTTING  
CEREMONY  
JULY 25, 10 A.M.

440TH BSD DEPLOYS



Photo by Esther Garcia

Family and friends surround their loved ones following the deployment ceremony July 10 at the Roadrunner Community Center. The Soldiers, assigned to the 440th Blood Support Detachment, will collect, manufacture, store and distribute blood and blood products to the theater in support of Operation Enduring Freedom. *See related story on page 6.*

AT&T donates  
\$500,000 to  
Returning  
Heroes Home

Contribution funds learning center to help  
wounded warriors return to civilian life

Story and photo by L.A. Shively  
Fort Sam Houston Public Affairs

Recognizing sacrifices wounded warriors and their Families make, John Stankey, president and chief executive officer of AT&T, presented a \$500,000 check July 14 to the Returning Heroes Home organization to fund a learning center at the Warrior and Family Support Center for returning service members injured in war. “What we’ve accomplished here is a small down pay-

See RETURNING HEROES P3

Navy Operational Support Center celebrates  
change of command, retirement ceremony

Story and photos by L.A. Shively  
Fort Sam Houston Public Affairs

Cmdr. James P. Gompper relinquished command as commanding officer of the Navy Operational Support Center San Antonio to Navy Cmdr. Mark A. Hofmann July 11, during a traditional change of command and retirement ceremony.

Flanked by sideboys in dress white uniforms, Hofmann, Gompper and Navy Capt. Randall Snyder, walked the red carpet as they were “piped aboard” the NOSC to the distinctive low, high, low call of the boatswain’s mate’s whistle. A Navy color guard followed.

The ceremony marked the end of a successful tour, as well as

career, for Gompper, who said his entire life revolved around the Navy. His father, Cmdr. James H. Gompper was a Navy aviator and he grew up at several Navy bases throughout the world.

After graduating from the Maine Maritime Academy, he accepted a commission and

See NOSC CHANGE P9



Navy Cmdr. Mark A. Hofmann is piped aboard during a change of command ceremony July 11 at the Navy Operational Support Center. Hofmann relieved Navy Cmdr. James Gompper as commander of the organization.





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# Travel Card can now be used for PCS expenses

By Rob McIlvaine

FMWRC Public Affairs

“Effective June 10, 2009, the individually billed travel charge card (GTCC) can be used for relocation expenses,” John Argodale, deputy assistant Secretary of the Army, Financial

Operations, said.

Charges for transportation, lodging, meals, Temporary Quarters Subsistence Expense (TQSE), and house-hunting approved expenses are authorized. Participants, whose account is open and current at time of registration

at their organization’s Agency Program Coordinator, can obtain travel advances using their GTCC in the form of ATM, cash, and manual cash disbursements.

In addition, the credit limit can be increased and cardholders can enjoy a longer bill-pay

period.

The new temporary credit limit will activate on the PCS status start date and return to the assigned credit limit on the PCS end date.

The program is expected to increase the rebates to the govern-

ment and reduce traveler’s dependency on their personal funds. The GTCC balance must be paid by the PCS end date, plus 30 days.

Excluded are accession and separation types of PCS.

## Army Exceptional Family Member Program Respite Care offers Families some valuable rest

By Rob McIlvaine

Family and Morale, Welfare and Recreation Command Public Affairs

For Active Army and Active Guard and Reserve Families who are responsible for regular care of persons with disabilities, the Exceptional Family Members Program Respite Care Program provides a temporary rest period. Care may be provided in the Family’s home or other settings such as special needs camps and enrichment programs.

The Army EFMP put respite care in place to give eligible Families, especially now with multiple deployments, the opportunity to receive respite care when it is needed. Families apply for the Respite Care Program at the nearest installation Army Community Service EFMP Office.

Eligibility for the Respite Care Program is based on EFMP enrollment and the medical or educational condition of the Family member requiring care.

Qualifying Families are eligible to receive up

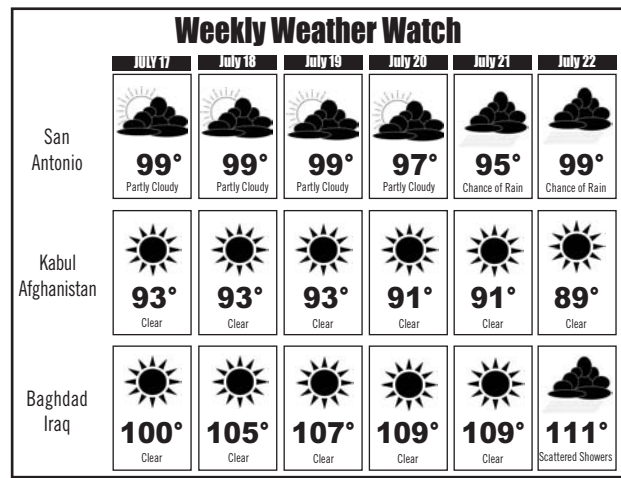
to 40 hours of funded EFMP respite care monthly for each certified Family member and can receive up to \$45 per hour for care.

During fiscal years 2007 and 2008, FMWRC received \$8.2 million in supplemental funds for EFMP respite care. In

FY 09, respite care has been included in the base operating funds for ACS and is no longer funded by supplemental funds.

The U.S. Army Installation Management Command published revised guidelines for use

See EFMP P4



(Source: Weather Underground at www.wunderground.com)

## News Briefs

### New Resident Center open house

Lincoln Military Housing will host a week long open house through July 17 from 12-5 p.m. for the new Resident Center located at 407 Dickman Road. Refreshments will be served. For more information, call 221-0891.

### Learning Resource Center computer lab closure

The Learning Resource Center computer lab, Room 2103, Willis Hall, Building 2841, will be closed due to renovation projects, effective July 20. Computer support will be available in the Stimson Library, Aabel Hall, Building 2840. Support will also be available on a space-available basis in the Digital Training Facilities, Aabel and Willis Halls. Contact DTF managers in room 101, Aabel Hall, for availability. Call 221-7390/7396.

### 20 year anniversary

The 20 year anniversary of the Army Medical Department Museum will be celebrated July 24 with a dinner at the Museum, 2310 Stanley Road, Building 1046. Social Hour will begin at 6:30 p.m. dinner at 7:30 p.m. Call 226-0265.

### AMEDD Museum ribbon cutting ceremony

The AMEDD Museum will hold a ribbon cutting ceremony July 25 at 10 a.m. for the grand re-opening of Gallery 1. There will be planned activities throughout the day and a showing of the film “Soldiers in White,” starring William Orr and Eleanor Parker, a movie filmed at Fort Sam Houston in 1942. For more information, call 226-0265.

### Ethics training

Ethics training will be held Aug. 10 and Sept. 3, 9:30-10:30 a.m. in Blesse Auditorium, Building 2841. Training is mandatory for all persons filing an SF 278, Public Financial Disclosure Report or OGE 450, Confidential Financial Report; warranted contracting officers; and those directed by supervisors or commander. The training can also be taken online at [http://www.dod.mil/dodgc/defense\\_ethics/ethics\\_training/2008AET\\_New/](http://www.dod.mil/dodgc/defense_ethics/ethics_training/2008AET_New/). Call 221-2373/0485.

### RETURNING HEROES from P1

ment on the debt that we owe to the brave warriors who put their lives on the line to protect us,” said Steve Huffman, president and chief executive officer of Huffman Developments, a Texas corporation specializing in the development of health care, real estate, and Returning Heroes Home president.

“AT&T is one of the largest supporters of this project. Their willingness to underwrite the cost of the education center will make a permanent, positive impact on the brave wounded warriors and their spouses as they reintegrate into mainstream America. The training and education they receive enables them to undertake new jobs and financial stability at a very critical junction in their lives,” Huffman said.

WFSC, located at Fort Sam Houston, provides injured servicemen and women a home-like atmosphere outside the hospital environment. The 12,000-square-foot building opened late 2008.

The learning center, inside the WFSC, is equipped with 24 computers giving service members and their Families access to online college courses, resume writing classes, career opportunities and general use of the Internet. It will also provide space for job fairs and employment workshops.

“The nation which forgets its defenders will itself be forgotten,” said Senator Leticia Van De Putte, quoting former President Calvin Coolidge. “We’re very proud to be in Texas. We have a wonderful culture of service to our country where generation after generation of men and women have answered the call.”

According to Van De Putte, Texas has the largest veteran population, 1.8 million. But, she said, the more impressive number is the 240,000 men and women who have seen combat duty in Iraq and Afghanistan. “That’s 12 percent of the total, even though our population is



John Stankey, (right) president and chief executive officer of AT&T, presents a check for \$500,000 to (from left) Shawn Huffman, Returning Heroes Home board member Curtis Beauchamp, Les and Steve Huffman.

only eight percent of the United States.

For many Soldiers the sacrifice may have been an arm or leg or both. For some, you may never even see their wounds. These warriors are wounded, but they are not broken. Their fight does not end in Iraq or Afghanistan, they fight here every day to learn how to walk with new legs, how to brush their teeth with a new arm or hand, or relearn how to say ‘I love you,’” Van De Putte said.

“Remembering our Soldiers is more than just that moment of silence on Memorial Day.”

She said the investment in the learning center is one way of saying thank you for Soldiers’ sacrifices for their country.

“We think when people are injured, it’s just the person who is injured, but it’s not. It’s the entire community around that person and it’s the Family that supports them,” State Representative, (District 120,) Ruth McClendon said.

“I know your goal was to provide a home away from home, a place where veterans and their Families reconnect their lives. You have really succeeded in your mission,” McClendon said,

lauding WFSC staff, volunteers, and AT&T for giving Soldiers and Families the tools to build new lives.

“We’ve always had a long affiliation with the military,” Stankey said, citing quite a few veterans and retired individuals connected with AT&T.

“We’ve done it through charitable contributions, sponsorships, hiring military veterans and maintaining policies that support reservists called to duty.”

Stankey enumerated the contributions AT&T has made since 2000, including \$8 million dollars of pre-paid phone cards, and \$6 million in grants that support military members in related non-profit organizations such as the United Service Organizations. He also mentioned the 70 call centers built for the military in Iraq, Kuwait and Afghanistan.

“Today we’re here to celebrate the opening of the learning center for returning service members who have been injured in war,” Stankey said. “We owe them the opportunity to integrate and contribute back to society in a graceful fashion.”

After his remarks, Stankey

presented the check to Huffman, Les Huffman and fellow RHH board members Curtis Beauchamp and Shawn Huffman.

“It’s the most special place that I’ve seen in a long, long time,” said Ivan Tandal, who traveled from Hawaii to visit his son, Isaac, wounded in Iraq. “I’ve been here a couple of weeks and have seen what they do for the wounded warriors.”

“It gives us hope. There are a lot of good things this place does,” said Army Sgt. Isaac Tandal, a reservist with the Hawaii National Guard, A Troop 299 Cavalry, 29th Brigade Combat Team.

“The computers are awesome! Everything here is awesome; I didn’t know something like this existed for recovering Soldiers.”

Tandal said he has already used the computers for communicating with Family, doing online courses and for recreational purposes. He also said it was good to have his dad with him while he heals.

“It’s so much better than being by myself.”



CHANGES OF  
COMMAND



**July 17 – U.S. Army Medical Information Technology Center**  
Lt. Col. Beverly A. Beavers will assume command of the U.S. Army Medical Information Technology Center from Col. Joseph P. Bentley at a change of command ceremony, 9 a.m., at Army Community Service, Building 2797.

**July 20 – U.S. Army Center for Health Promotion and Preventative Medicine - South**  
Lt. Col. Kelly M. Halverson will assume command of the U.S. Army Center for Health Promotion and Preventative Medicine – South from Lt. Col. Thomas C. Delk during a change of command ceremony July 20, 10 a.m. at the Army Community Service Building.

**July 23 - 314 Military Intelligence, Lackland Air Force Base**  
The 314 Military Intelligence Battalion change of command ceremony is scheduled at 7:30 a.m., Lackland Air Force Base.

MRTC welcomes new commander

Story and photo by  
**Lori Newman**  
Fort Sam Houston Public  
Affairs Office

Medical Readiness Training Command senior leadership was on hand July 11 to welcome Col. Bryan Kelly as their new commander. Kelly assumed command of the MRTC from Col. Jerrell Cockrell.

MRTC activated Oct. 17, 2005 and consists of three brigades and seven battalions that span across the United States.

The command manages and synchronizes collective training exercises for all Army Reserve Medical Department Soldiers and units and integrates with the U.S. Army Medical Command and Army Medical Department Center and School providing oversight for individual training of Army Reserve AMEDD Soldiers and technical assistance for training and validation of Army Reserve Medical Command units.

“We have some exciting and challenging times ahead of us. I think the new mission that we are about to assume in this command shows the quality of work that has

happened in the past and the confidence that everybody has in the quality of work the Soldiers and command can do in the future,” said Maj. Gen. James Hasbargen, commanding general, Army Reserve Medical Command, welcoming Kelly.

“I want to thank Col. Cockrell for the job he has done, and welcome Col. Kelly to a challenging command. I am sure it will be a rewarding career as it has been for the prior commander and the Soldiers.”

Since its inception MRTC set out to increase readiness and achieve efficiencies in support of medical Soldiers and units deploying to theaters of operations by providing advice, technical assistance and training platforms to medical units in various stages of the Army Medical Reserve Expeditionary Force Cycle.

Col. Jerrell Cockrell, outgoing commander, welcomed Kelly and his wife and thanked the Soldiers of the MRTC.

“This is a great organization, but not because of what I have done. It’s because of what you guys have done, and

as part of the Army Family Covenant, it is important to ensure that the Army’s EFMP Respite Care Program is run well and that we get the word out to the Families who need it.  
According to Sharon Fields, program manager for FMWRC Respite Care Services, the Department



Col. Bryan Kelly (left), incoming commander of the Medical Readiness Training Command accepts the colors from Maj. Gen. James Hasbargen, commanding general, Army Reserve Medical Command, as Col. Jerrell Cockrell (right) looks on during a ceremony at Army Community Service July 11.

what you continue to do. Thank you for making my life a whole lot easier. Thank you across-the-board to everyone,” Cockrell said.

“It is a pleasure to be assuming this command, here in San Antonio. I look forward to working with all the commanders, command sergeant majors and the Soldiers of the MRTC,” Kelly said.

“We are not only doing the job for the

Soldiers, but for their Families; because we give them the best opportunity to get the job done and come home safely. That’s what our mission is all about. I look forward, as the MRTC commander, to seeing that mission accomplished.”

During the ceremony, the outgoing commander’s wife, Janice Cockrell, was presented a bouquet of red roses in

of Army will release a media campaign to advertise and inform Families worldwide about the changes involving respite care.  
“Our primary goal is to ensure consistency and continuity of our Respite Care Program, regardless of where our Soldiers and Families are located,”

Fields said.  
The ACS staff will be required to use the Family Services Needs Matrix to determine allowable respite care hours and cost per month. The matrix is updated as the EFM condition changes or annually, whichever comes first. Stateside garrisons will

access a national network of respite care providers through an IMCOM contract with Alignstaffing.  
Special needs care is around the clock,” Fields said. “When a Family has a special needs child or adult, respite care provides a break for the primary caregiver.”

Senior chief’s ‘tireless’ efforts honor fallen vets, help wounded warriors

By Michelle Tan  
Staff writer, Army Times

Most of the time, Senior Chief Construction Electrician (SCW/FMF) Lauro A. Garza doesn’t know the veteran being laid to rest at the Fort Sam National Cemetery.

But that doesn’t matter because when Garza puts his Box Stradivarius trumpet to his lips, the haunting notes of “Taps” fill the air in a final tribute, a tribute he believes is the least he can do for a comrade.

“In Spanish, they call it ‘alma,’ from the soul or the heart,” he said. “The bugler on the recording might be very good, but mine has feeling. This is one of the things I can do to give back to the service members.”

Garza, a 45-year-old Reserve Seabee and the 2009 Navy Times Sailor of the Year, volunteers regularly at the cemetery, often playing “Taps” at back-to-back services using the trumpet he has owned since high school. The Iraq veteran – now preparing to deploy again, this time to the Pacific – also is called upon whenever a sailor or Marine is scheduled to be buried at the cemetery. He has played “Taps” at more than 800 funerals, including more than 150 in the past year.

In addition, he coordinates requests for blank ammunition used during the funerals, and visits wounded Sailors at Brooke Army Medical Center, volunteering to bring them groceries or



Senior chief Lauro A. Garza

completing electrical work at their homes.

When he’s not in uniform, Garza is the federal regulatory compliance officer for CPS Energy in San Antonio. Seven years ago, when Garza was the company’s human resources manager, he proposed a new benefits

policy for deployed reservists. The company adopted the policy and employees now receive 30 days of full pay and six months of differential pay while they are deployed.

However, Garza, who is married to Roxanne Starr and has two grown children, downplays his contributions.

“When you’re a chief, you don’t tell people what you do, you just do it,” he said. “In a few years this will be over, and it’ll be history. I never want to regret anything. This is not what I do. It’s who I am.”

Garza is the consummate Seabee, Command Master Chief (SCW/SS) Larry Heikkila wrote in his statement nominating Garza for Sailor of the Year.

“He is gregarious, intelligent, has a heart for others and is willing to take the hardest job to see if he can accomplish the mission,” Heikkila wrote, noting his volunteerism and extensive work organizing the area’s annual Seabee Ball. “He is almost tireless, but always has time to sit down to mentor a sailor.”

**A personal beginning**

Garza, assigned to 9th Naval Construction Regiment in Fort Worth, Texas, started playing the trumpet in the Boy Scouts when he was 11 and began bugling in 1992 when he joined the Navy. The first funeral he played was for his paternal grandfather, an Army Air Corps veteran who died when Garza was 16.

“It’s a privilege ... to do this,” Garza said. “I always pray before I play.”

In March 2003, Garza was mobilized for duty in Iraq. At the last minute, his unit did not deploy but spent four months at Port Hueneme and Fort Hunter Liggett, both in

California.

When he returned to San Antonio, Garza learned a fellow senior chief and Seabee, Bob Westover, had been wounded and was recuperating at BAMC.

So, I went and knocked on his door,” Garza said. “It’s our town. We try to make people at least feel like we’ve got them covered.”

One of the things Garza did was make sure Westover had a steady supply of milk to help him regain the weight he had lost.

“I’m the guy who can get him milk and stuff,” Garza said about Westover. “He’s the real hero.”

Garza, along with six other Navy chiefs who live in the area, continues to visit wounded troops at BAMC. The chiefs, known as Alamo Chiefs, bring donations to the Fisher House and help wounded service members who need electrical or other types of work done at their homes.

See SAILOR P18



# The 440th BSD ‘Blood Runners’ deploys to Afghanistan

Story and photos by  
**Esther Garcia**  
 Fort Sam Houston Public Affairs  
 Office

Family and friends of 11 Soldiers assigned to the 440th Blood Support Detachment gathered at the Roadrunner Community Center July 10 to wish them farewell and best wishes as they prepare to deploy to Afghanistan in support of Operation Enduring Freedom.

The mission of the 440th BSD is to provide emergency collection, manufacturing, storing, distribution of blood and blood products to Division, Corps, and Echelons above Corps, medical units and to other operations.

“This team will replace a team from the 440th BSD that has been operating in Afghanistan for 15 months,” said Lt. Col. Keith Rigdon, commander, 61st Multifunctional Medical Battalion, Fort Hood, Texas, and ceremony host.

Rigdon said the unit has split operations, called Enduring Mission. Part of the unit here supports the team forward providing support to forces in theater. As a team, the unit has a total of 27 months of deployment.

“The unit has executed a tremendous training plan, focusing not only on the technical training requirements but also on individual collective tactical training,” Rigdon said. “You are the future of

our Army and I have no doubt that when you deploy to Afghanistan, you will do a magnificent job.”

Rigdon also mentioned another very special team. “I want to recognize the Families. I know the Soldiers are ready, but you have a war on the home front,” he said, speaking to the Families.

“You will be taking care of the kids when they are asleep, when they are sick. You will be managing the bills. You are very instrumental to the success of our Soldiers, because you are the ones creating those care packages, forwarding those cards, and are the crucial part of the success of the mission.

Rigdon reminded Families to utilize the

Family Readiness Groups and their chains of command, should they need help while their Soldiers are away. He stressed that Families are a big part of the team, and must be taken care of also.

“I told myself, since my children chose to go into the military, they knew what to expect. I am prepared for anything, but hoping for the best, for her to go there and come back safe, not just her, but for all the Soldiers,” said Kamla Bachai, in tears. Bachai is 440th BSD Rear Commander Capt. Vidhika Persaud’s mother.

The ceremony concluded with the “Army Song.” The Army Medical Command Band entertained guests with patriotic music.



Family and friends waved flags during the deployment ceremony.

# Deputy Surgeon General visits the Army’s newest combat medics

By 2nd Lt. Shawn E. Brooks  
 B Company, 232nd Medical  
 Battalion

Graduating Soldiers from B Company, 232nd Medical Battalion were treated to a visit from a fine American as their guest speaker for their graduation ceremony July 2.

Maj. Gen. David

Rubenstein, chief, Medical Service Corp and deputy surgeon general spoke to the 291 graduating Soldiers candidly about their importance and role in the Global War on Terrorism.

He stressed things like the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage. He

thanked the Soldiers for their service to our nation.

To illustrate the importance of their roles, Rubenstein related the story of Pvt. Dwayne Turner, a combat medic, deployed to Iraq in support of Operation Iraqi Freedom, who was wounded during an attack by insurgents but

continued to care for 16 members of his unit until he passed out from blood loss.

Turner had been part of a work detail that came under attack while unloading supplies. According to an account of the story, Turner received shrapnel from a grenade blast and was subsequently shot twice

while giving aid. Turner received the Silver Star for his efforts in helping to save their lives.

Rubenstein also participated in awarding the Army Achievement Medal and the Col. Brian D. Allgood Award to the distinguished honor graduate Spc. Daniel Archer.

Archer had the high-

est cumulative grade point average, passing all hands-on testing and the Army Physical Fitness Test the first time.

Graduation was the final event for the Soldiers in a rigorous 16-week training program where they were tested physically and mentally.

## MEDCOM Brass Band Rocks BAMC

By Sgt. 1st Class Jesse C. Bolanos  
 Chief, Operations Support  
 Division, U.S. Army Medical  
 Command Band

“I love the music! I love the band!” said 6-year-old Michelle Davila, during a Brass Band concert presented by the U. S. Army Medical Command Band at the Brooke Army Medical Center Medical Mall, July 9.

She was especially happy because the Band, also known as “Scrubs,” had just played a song for

her birthday. Her feelings were shared by many in the audience.

Davila’s festive spirit and enthusiasm was the result of a “Scrubs” set list that included old favorites such as “My Girl” and the theme from “Sesame Street.” The band also kept current with selections from such diverse sources as Jamie Foxx and Nirvana.

Through it all, the band kept the medical mall ringing with grooves that made even the occasional passerby stop and

dance. There was also the special romantic serenades (much to the chagrin of a few select audience members.)

The concert was part of the Medical Command Band’s commitment to provide quality support for the military community and Medical Command interests, and has numerous groups ready to support local military functions and community events.

Have Tuba, will travel! For more information, call Band Operations at 221-9641.



Tax-Free  
 Weekend  
 August 21-23



# Dinosaur bones discovered at BAMC work site

While digging the foundation for the new \$556 million seven-story tower at Brooke Army Medical Center, construction contractors uncovered large, unusual bones, June 24, later identified as belonging to either a very young mastodon or mammoth trapped in a relic Pleistocene age water hole — a first for Fort Sam Houston, originally established in 1876.

Kay Hindes, city of San Antonio archaeologist, examined the site and said she saw no obvious evidence of human cultural material, although some chert cobbles and flakes were found in close proximity. She said some of the nodules did exhibit flaking



Courtesy photos

Large bones belonging to either a very young mastodon or mammoth were discovered while contractors dug the foundation for a new building at the Brooke Army Medical Center.

and fracturing, possibly indicative of extreme weathering, similar to river gravels. Hindes also noted the site did not appear to be different from others found along the Salado and Culebra

Creeks’ finds where mammoth or mastodon bones were discovered without obvious evidence of cultural association.

Timothy Rowe, director Vertebrate Paleontology Lab at the

University of Texas-Austin and Mark Denton, coordinator, State and Federal Review Section, Archeology Division, Texas Historical Commission, also visited the site and determined

that work could proceed provided the site was secured and remains protected.

On further examination Rowe and Denton determined that the remains have no cultural association. According to Rowe the remains rep-

resent at least two, if not three, mega-fauna vertebrate animals deposited by alluvial deposition together in one spot and at least one of the animals predates human occupation in the area.

Based on Rowe’s assessments and Denton’s personal observations that the chert gravels associated with the remains were from purely natural origins, Denton authorized the Fort Sam representatives to proceed with construction activities.

The bones and loose material recovered was sent to Austin. According to the San Antonio Express-News, scientists at UTA sent the bones to a Colorado lab for further analysis. The remains will be returned to the U.S. Army Garrison for possible display in the new building.

~Fort Sam Houston  
Public Affairs Office



## NOSC CHANGE from P1

began his career aboard the U.S.S. Tarawa where he participated in Desert Storm. After several Western Pacific deployments and an assignment at Texas A&M University, he served as Chief Engineer aboard the U.S.S. Anchorage.

Gompper joked during his farewell remarks that this assignment offered him a chance to play the role of the original television series “Star Trek” Chief Engineer Montgomery Scott, or Scotty, the highlight of his career and a role relished by any Navy engineer worth his salt, one of several “sea stories” he shared.

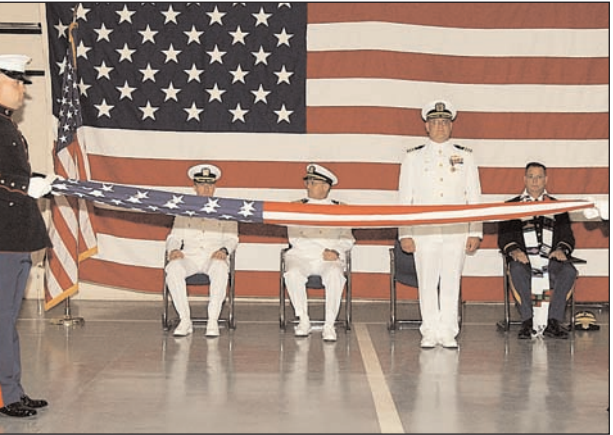
“We were doing 21 knots, about as fast as she could go when the captain called down on the intercom, and said, “Try giving

me another half knot!” and I got to deliver the immortal line:

Captain! She canna take much more of this! She’s gonna blow! I’ve giv’n her all she’s got captain,” Gompper said in his finest Brogue.

“NOSC San Antonio has grown under the leadership of Cmdr. Gompper and will continue to grow,” Hofmann said referring to the projected influx of Families under the 2005 Base Realignment and Closure where Lackland and Randolph Air Bases are reorganizing with Fort Sam Houston into Joint Base San Antonio.

Hofmann recently completed his last assignment as Executive Officer of the NOSC in Washington, D.C., where he reported to the Pentagon while serving on the Naval Operations staff.



Marines fold the flag ceremoniously during a change of command and retirement ceremony for Navy Cmdr. James P. Gompper (standing). After folding, the flag was presented to Gompper in appreciation for his 20 years of military service.

“Mission-wise, we’ll support as many Reservists as we get. I am looking forward to working with Sailors again – they’re the heart and soul of the Navy.”

“The Navy Reserve in the heartland keeps the whole country connected

to the Navy, and Navy presence is growing here in San Antonio because we’re doing a lot of joint training with master-at-arms and medical; and joint operations with intel and the cryptologic side of things,” said Snyder, commander, Navy Region



Navy Cmdr. James P. Gompper is piped aboard the Navy Operational Center during his change of command and retirement ceremony.

Southeast Reserve Component Command.

“It’s a joint world and it’s a joint armed forces, and getting those organizations to train and work together is the way we’re supposed to do business. They’re doing it well in San Antonio.”



Navy Cmdr. James P. Gompper kisses wife Kay after presenting her with an award and bouquet of flowers in appreciation of her support.

After the ceremony, Gompper was “piped ashore” with his Family, marking 20 years of service. He and his Family plan to settle in West Monroe, La., where he will teach junior Reserve Officer Training Core students.



# BAMC volunteers honored at United Way awards ceremony

Stroy and photos by  
Jen D. Rodriguez  
Brooke Army Medical Center  
Public Affairs

Three Brooke Army Medical Center volunteers passionate about BAMC patients received top honors June 25, during the United Way Volunteer of the Year Awards “Night of a Thousand Stars” at Henry B. Gonzalez Convention Center.

Retired Lt. Col. David Jayne and his wife, Jane

received the Family in Service Military award for their combined volunteer service of more than 22,000 hours in 58 years.

Retired Navy Master Chief Petty Officer Eugene “Tony” Meyer Jr. also received an Individual-in-Service Military award for more than 3,000 hours of volunteer service developing and managing the Caremobile Program.

The annual Volunteer of the Year Awards recognizes the outstanding achievement of individuals, families, civic groups and organizations that make contributions to the community through volunteer service, said Jessica Veilleux, chief of BAMC Volunteer Services.

“BAMC volunteers earned awards in two out of three categories represented at the ceremony,” she said.

Veilleux said the Jaynes have tenderly used their lives as gifts that can be shared to minimize the physical pain, disfigurement and emotional wounds burn survivors fear during treatment at BAMC.

In 1959, David Jayne was burned over 65 percent of his body, when his plane crashed in Guatemala. He lost portions of his fingers and

had severe burns to his face, hands and body. He endured 28 surgeries at BAMC in an effort to reconstruct his face and

regain use of his hands.

While David Jayne was still a patient, the couple began assisting others in the burn unit. Together,

they were determined to provide the burn injured the kind of financial, emotional and peer support they had needed.

In 1962, the Jaynes founded the Texas Burn Survivor’s Society, a non-profit organization, which raises and distributes funds to meet complex financial and service needs of burn survivors and their Families, while

See **BAMC VOLUNTEERS P20**



Retired Lt. Col. David Jaynes, and his wife Jane chat with Lizzie Spriggs in the burn unit waiting room at Brooke Army Medical Center. Spriggs was visiting her son, Ricky who was recently injured. Often the husband and wife team cook meals for wounded warriors, their Families and the burn unit staff; and serve Families in the burn unit waiting room.

# Research study looks beyond dieting to help teens with weight loss

Story and photo  
Maria Gallegos  
Brooke Army Medical Center  
Public Affairs

Kaitlin Sheridan, a junior at Cole High School, visited with a Reserve Officer Training Corps instructor to inquire about the program, but was informed her weight rendered her ineligible.

Ironically, she later saw a flyer requesting volunteers for a 12-month weight-loss research program at Brooke Army Medical Center for military dependent teens ages 12-17. Sheridan volunteered and lost 14 pounds.

“I’m very excited! My self-esteem improved and I am looking forward to putting on my bathing suit this summer,” she said. “When my friends and I get together on Fridays for a movie night, instead of ordering pizzas we munch on vegetables and spend more time talking than eating.”

“It involves changes within the entire family toward a healthier lifestyle,” explained Principal Investigator Maj. Jorge Cabrera, a clinical investigation fellow with BAMC.

“The program creates an intervention for teenagers whose weight puts them at risk for health problems in the future and incorporates the latest evidence-based research on behavioral and pharmacotherapy to address not only weight loss, but successful weight loss maintenance.

There are no studies to date that provide such a comprehensive approach to weight loss maintenance in teenagers as this one,” Cabrera said, adding the program utilizes combined medical expertise from physicians, psychologists and dieticians from Brooke Army and Wilford Hall Medical Centers.

The Centers for Disease Control and Prevention Nutrition Examination Survey indicates 90 percent of active duty military recruits are between ages 17-24, the same age range that has tripled its prevalence of overweight and obese individuals. CDC maintains that an obese state during childhood and as a teenager is the leading risk factor for becoming and remaining over-



Principal Investigator, Maj. Jorge Cabrera, Department of Clinical Investigations with Brooke Army Medical Center, converses with Kaitlin Sheridan and Lynnel Reed Washington about their progress in the program.

weight as an adult.

Cabrera notes early detection and prevention of obesity is the key focus of the study’s research. He further explained that

guidelines and standard operating procedures for a medical team to assist adolescents with obesity will result, reducing costs for the military by preventing future health problems associated with obese recruits.

“I have tried everything

See **RESEARCH STUDY P18**



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## Honorable service

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Col. Janet L. Rowe, Brooke Army Medical Center; Sgt. 1st Class Olaine T. Martinez, 787th Military Police Battalion; Staff Sgt. Lisa A. Vega, 314th Military Intelligence; Chief Warrant Officer Sabrina Nero, U.S. Army South; and Staff Sgt. Juan A. Baez, BAMC, are honored for their service June 25 during a retirement ceremony at the post flagpole. Not pictured: Chief Warrant Officer Gregory V. Stevenson, 470th Military Intelligence Brigade.



First Sgt. Jack R. Kalmar, II, Army Medical Department Center and School; Master Sgt. Pamela L. Knight, Brooke Army Medical Center; Sgt. 1st Class Olaine T. Martinez, 787th Military Police Battalion; Master Sgt. Willie E. White, Camp Red Cloud, Korea; and Chaplain Col. Gilley G. Richardson, U.S. Army Garrison retire from honorably servicing in the military June 25 at the post flagpole. The host for the retirement ceremony was Maj. Gen. Russell Czerw, commander, Fort Sam Houston and AMEDDC&S.



# Local motorcycle club honors original Borinqueneer Soldier

Story and photos by  
**Lori Newman**  
Fort Sam Houston Public  
Affairs Office

The local chapter of the Borinqueneers Motorcycle Club honored retired Army Sgt. 1st Class Luis Santana, F Company, 65th Infantry Regiment, July 11, at Canyon Lake.

The 65th Infantry Regiment, nicknamed “The Borinqueneers,” was an all-volunteer Puerto Rican regiment of the U.S. Army.

The Borinqueneers 65th Motorcycle Club began in Connecticut May 2005. They ride to honor the accomplishments and struggles of the only Hispanic unit in military history. There are several chapters throughout the United States; the newly-founded San Antonio chapter currently has 13 members.

“Our chapter is mostly current or retired military members, but anyone is welcome to join,” said retired Sgt. Maj. Anselmo “Papo” Martinez.

A member of the Alamo Chapter of Borinqueneers 65th Motorcycle Club, Martinez works at Fort Sam Houston and is an acquaintance of Janet Morales, Santana’s daughter. Their meeting was coincidental.

“I was at a party at



Retired Sgt. Maj. Anselmo “Papo” Martinez, a member of the Alamo Chapter of the Borinqueneers 65th Motorcycle Club presents retired Army Sgt. 1st Class Luis Santana, F Company, 65th Infantry Regiment a plaque in honor of his service in the U.S. Army, July 11 at Canyon Lake as Elba Santana looks on.

Sgt. Maj. Martinez’ house; he was talking about the motorcycle club and the name of the club. I told him my dad was a Borinqueneer Soldier,” said Morales.

Hearing that, Martinez thought it would be nice to honor one of the original Borinqueneer Soldiers, after which the club was named. A party and pig roast was planned at Canyon Lake for Santana, the club members, their Families and friends.

The club honored the 85-year-old veteran presenting him a plaque in honor of his service in the U.S. Army.

“I was very honored the club recognized my service in the 65th Infantry Regiment; I was serving my country,” said Santana.

Santana joined the Army in 1943 during

World War II. He served with the 65th Infantry Regiment during the Korean War.

“Many of the troops did not speak English, I was one of three in my unit that knew English, so I would translate for the commander,” he said.

## 65th Infantry Regiment

An Act of Congress March 2, 1889 authorized the creation of the first body of native troops in Puerto Rico.

According to a military Web site regarding Hispanic-Americans and the U.S. military in the Korean War, the 65th Infantry Regiment was a Puerto Rican regiment that participated in World War I, World War II, and the Korean War. Nicknamed, “The Borinqueneers,” after

See BORINQUEENEERS P15

## BORINQUEENEERS from P14

one of the original Indian tribes inhabiting Puerto Rico. Their motto was *Honor et Fidelitas*, Latin for Honor and Fidelity.

The 65th deployed to Korea in September 1950, with 6,000 officers and men organized into three infantry battalions, one artillery battalion and a tank company.

During nine major campaigns over three years, the 65th was credited with capturing 2,086 and killing 5,905 enemy soldiers.

Over 60,000 Puerto Ricans served in the military during the Korean War. The Army reconstituted the 65th as a fully integrated regiment in 1953.

The regiment received a Presidential Unit Citation (Army), a Presidential Unit Citation (Navy), a Meritorious Unit Commendation (Army), a Navy Unit Commendation, two Republic of Korea

Presidential Unit Citations and the Bravery Gold Medal of Greece.

Individual members of the unit were awarded four Distinguished Service Crosses and over 120 Silver Stars.

## Borinqueneers 65th Motorcycle Club

The members of the Alamo Chapter of the Borinqueneers 65th Motorcycle Club are predominantly Hispanic-Americans, however they welcome anyone who shares their passion for motorcycling and are committed to promoting past, present and future positive contributions to the San Antonio community. The club participates in two fundraising rides each year in support of the Fort Sam Houston Fisher Houses.

For more information about the Alamo Chapter of the Borinqueneers 65th Motorcycle Club, call 387-1088 or visit [www.borinqueneers.com](http://www.borinqueneers.com).



Members of the Alamo Chapter of the Borinqueneers 65th Motorcycle Club pose with retired Army Sgt. 1st Class Luis Santana, (center) F Company, 65th Infantry Regiment, and his wife, Elba, July 11 at Canyon Lake. The motorcycle club is named for the 65th Infantry Regiment, “Borinqueneers.”



# Cities, counties cooperate to protect Camp Bullis mission

## Local jurisdictions begin steps to apply recommendations of Joint Land Use Study.

Story and photos by Neal Snyder  
U.S. Army Environmental Command

A study only provides information. What is done with the information makes the difference. The city of San Antonio, learned this lesson over a decade and a half, as the predictions of a 1995 analysis of growth around a key installation came true. The task focused on Camp Bullis, the training area for Fort Sam Houston. Set aside in 1906 by a fort already encircled by San Antonio's 50,000 residents, the camp sat in farmland 21 miles to the north.

Nine decades and almost a million people later, development brought the issues of light, noise and safety to the

outskirts of Camp Bullis. Alerted by the Army, civic, county and industry leaders convened to produce a study predicting further growth, how it would affect the camp and what needed to be done to protect its training mission.

The 1995 Joint Land Use Study predicted severe compatibility issues as areas around Camp Bullis became developed. It recommended land use controls and an intergovernmental oversight board.

A JLUS is a joint planning venture between an active military installation, surrounding cities and counties, state and federal agencies, and other affected stakeholders. It is designed to reduce conflicts, increase communication and

collaboration, and result in community action. A JLUS receives funds through the Department of Defense Office of Economic Adjustment.

There things sat, for the most part, according to Bexar County Commissioner Kevin Wolff, who represents the area around Camp Bullis.

"We did a wonderful study but failed to implement some of the things that were asked for in that study."

Meanwhile, San Antonio continued to grow. The area added 33,000 residents between July 2007 and July 2008, making it the third-fastest growing city in the United States, home to more than 2 million people. At 26,000 acres, Camp Bullis is more than a sub-installation to Fort

Sam Houston.

"At Fort Hood you drive across the cattle guard and you're in the training area," said Paul Dvorak, deputy to the commander at Camp Bullis. "Here you've got 21 miles of urban terrain between main post and the training area."

The camp provides field training for all new Army medics. In 2010, all DoD enlisted medical training moves to Fort Sam Houston – and Camp Bullis.

"If we lose the ability to do the field training here, Fort Sam Houston loses the mission of training medics," Dvorak said. "We're the only

option available."

New development now cradles Camp Bullis to the south, west and east. "The one remaining undeveloped area is the northern boundary," said Jim Cannizzo, environmental attorney for Fort Sam Houston.

As predicted in 1995, development is beginning to affect training. Even if a military installation predates a nearby neighborhood, "with incessant complaints, at some point leaders make compromises," Cannizzo said. "Over the course of time one little compromise isn't a problem, but if you make one every two or three years, you ratchet down the ability to train."

Units then take the opportunity to move where they find fewer restrictions, he said. This played out when the 797th Ordnance Company and the 79th Ordnance Battalion, two explosive ordnance disposal units, left Fort Sam Houston in 2008.

"They just had so many complaints and they got quantities and timing limited down to the point where they just couldn't train," Cannizzo said.

Also in 2008, installation and local officials took another look at the 1995 study. "It basically told us all this would happen and it got ignored," said Cannizzo.

It was time, they decided, to conduct another JLUS. The study, completed in April, looked at five influence areas: light, noise, height obstruction, safety and endangered species. It states the compatibility issues and makes recommendations. Each influence area requires different solutions.

"We're trying to do it differently now," Cannizzo said. "We're going to have an implementation committee of all the governmental entities involved and monitor progress. It's too late in a lot of the areas because there are already houses on that land."

Endangered species protection is turning out to be the biggest issue, Cannizzo

said. Camp Bullis has 6,500 acres of prime habitat for the endangered golden-cheeked warbler. Though the migratory birds use only about a third of the habitat, U.S. Fish and Wildlife Service requirements restrict the use of potential warbler habitat as well. As development continues, the importance of protected habitat grows. In a three-way arrangement recommended by the new JLUS, Camp Bullis is attempting to transfer the protections on 1,500 acres of potential habitat to 3,000 acres of warbler-occupied aquifer recharge area owned by the city. USFWS is now reviewing the proposal.

With the expansion of Camp Bullis' training mission under BRAC, "It's going to open up big training lanes. The result, she said is the Army "being viewed as a well-respected partner and friend."

By comparison, the recommendation to reduce lighting within one mile of the camp, and downward lighting within three miles, was well received. Local governments enacted light control ordinances quickly and with little resistance even before the study.

"Downward lighting fixtures cost about the same as other fixtures, and reduced power in the bulbs saves you money in the long run, so the developers have not been resistant to the lighting initiatives," Cannizzo said.

Though counties do not have zoning authority in Texas, the state legislature passed legislation in 2007 specifically giving counties the ability to regulate lighting around military installations, Cannizzo said.

"Light, we've made a lot of progress on," Cannizzo said. "Noise could be a key issue in a few areas, but for most of our boundaries it isn't."

Noise could become an issue as land to the east or south of Camp Bullis fills up, according to Cannizzo. The firing ranges sit close to the installation boundary in that area.

"Because of the concessions we've

made over the years, we don't do mortars, we don't do artillery, we don't do .50 caliber machine guns," Dvorak said.

Most restrictions come from being in the flight path of San Antonio International Airport. Even though the largest round fired on Camp Bullis is 7.62mm, about 12 million rounds will go downrange in 2009. With BRAC, Dvorak said some 14 million rounds could be fired each year.

Between Army and Air Force, Guard and Reserve, federal agencies and local police, about 150,000 people train on Camp Bullis in a given year, Dvorak said.

"All we can do is field training and fire on small arms ranges," Cannizzo said. "If we lose the small arms ranges then it's really going to be bad."

The noise issue is far from resolved. Recently, a neighboring school district began planning an elementary school along the eastern boundary, approximately 1,500 feet from the small arms range complex, Cannizzo said.

Wolff said he is working to resolve the issue with school district leaders. "A lot of times word never reaches that particular level," he said. "It's incumbent on us to say at the local government level, make sure you know what's going here."

The top priorities are mitigating endangered species habitat, supporting an endangered species ordnance by the city of San Antonio, requiring real estate disclosure if a property or home is within the five-mile military influence area, managing dark skies through light ordinances and ensuring land compatibility with fixed and rotary wing aviation, according to Fort Sam Houston spokesman Phillip Reidinger.

"This is not a one-time answer, this is not something you fix in one day," Wolff said. "Just because we've finished the latest Joint Land Use Study, just because we took this action today, doesn't mean we aren't going to have 15, 20, 30 actions that we have to take over the next 20, 30 years. That's how you win it."



Future U.S. Army combat medics practice the rescue and treatment of a downed helicopter crew during advanced individual training on Camp Bullis, Texas, a subinstallation of Fort Sam Houston. San Antonio and other neighboring jurisdictions recently teamed up to protect the camp's expanding training mission in the nation's third-fastest growing metropolitan area.



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# Dietary supplements are not always safe or healthy

By Lt. Col. Betty Quitt  
Nutrition Care Division  
and Capt. Elizabeth Arvidson  
Reserve Dietician of Brooke  
Army Medical Center

What is a dietary supplement? A dietary supplement is a product taken by mouth that contains a “dietary ingredient” such as vitamins, minerals, herbs or other botanicals, and amino acids intended to supplement the diet. They come in many forms including tablets, capsules, powders, energy bars and liquids. Dietary supplements are not intended

to treat, diagnose, cure, or alleviate the effects of disease. Dietary supplements can be safe, such as most multi-vitamin tablets. Other supplements have to be taken off the shelves due to the potential harmful effects. Mis-using supplements can be harmful and they can have unwanted consequences.

In May 2009, the FDA urged consumers to discontinue Hydroxycut products because they had received 23 reports of health problems associated with taking the product. Problems included injury to the

liver from jaundice and elevated liver enzymes, seizures and cardiovascular problems. Hydroxycut products used as dietary supplements were marketed for weight loss, fat burning, energy enhancement, low carbohydrate diet aids and water loss.

The 14 products recalled include Hydroxycut Regular Rapid Release Capluts, Hydroxycut Caffeine-Free Rapid Release Capluts, Hydroxycut Hardcore Liquid Capluts, Hydroxycut Max Liquid Capluts, Hydroxycut Regular Drink Packets,

Hydroxycut Caffeine-Free Drink Packets, Hydroxycut Hardcore Drink Packets (Ignition Stix), Hydroxycut Max Drink Packets, Hydroxycut Liquid Shots, Hydroxycut Hardcore RTDs (Ready to Drink), Hydroxycut Max Aqua Shed, Hydroxycut Carb Control and Hydroxycut Natural.

The FDA does not have to approve dietary supplements before they are distributed and sold. All manufacturers are responsible for ensuring that their supplement is safe to consume.

Be a safe and informed

consumer by following these simple guidelines:

- Let your health care professional advise you on what is appropriate to take.
- Contact the manufacturer for information on their product.
- Be aware that some supplements’ ingredients can be toxic or harmful when consumed in high amounts or used in combination with other drugs or food.
- Do not self diagnose a health condition. Work with your health care professional.
- Do not substitute a

dietary supplement for a prescription medicine or therapy.

Do not assume that the term “natural,” in relation to a product, is safe.

Be wary of the hype and headlines. Sound health advice is based upon research over time.

Learn to spot false claims, if something sounds too good to be true, it probably is.

For more information on dietary supplements, visit the FDA Web site at [www.fda.gov/food/dietary-supplements](http://www.fda.gov/food/dietary-supplements).

## RESEARCH from P11

to lose the weight since I was 8-years-old,” said Lyyne Washington, an aspiring singer.

“Dieting and exercising just didn’t work. This program educated me on eating the right amount of food and helps me think of healthy choices of what I eat. I have a lot more energy than I have ever

had before. All my friends and Family are getting involved with healthy eating and exercise, which motivates me to keep on losing the weight. My lifestyle has changed.”

“Kaitlin and Lyyne are two of the 37 motivated participants seeing a huge difference within the first two months on the program,” Cabrera said.

“I heard boys and girls

were getting teased by other students because they were considering joining the research. I want to tell anyone who is considering: it does not matter what other people think, I’m losing the weight and I look good,” Sheridan said enthusiastically.

For more information about the research program or to join, call 916-3440.

## SAILOR from P5

In June 2005, Garza was mobilized again. This time, his unit deployed, and he served in Iraq’s Anbar province from September 2005 to March 2006.

“We’ve been tested now, under fire,” he said.

This summer, Garza and his fellow Sailors will deploy to the Pacific, he

said, adding that some day he would like to play “Taps” for a service member being interred at Arlington National Cemetery.

When he retires in a few years, Garza said he hopes to start a chiefs’ club to serve area veterans with everything from finding a job to doing work on their houses.

He just needs to final-

ize the business plan and secure funding, Garza said.

“It’s all about those people who are (buried at the cemetery) and those who will come after us,” he said. “It’s about service. There’s no higher calling than to serve your country.”

~ Originally published in the Navy Times

## Exceptional Support



Courtesy photo

Representatives from the Employer Support of the Guard and Reserve and Soldiers of the 4th Sustainment Command (Expeditionary) present Texas State Senator Leticia Van de Putte (front row, third from left) with a Department of Defense Exceptional Support Award at the Veterans of Foreign Wars Post 76 in San Antonio, June 23. The award was presented to Van de Putte in appreciation for her continued support of Texas Guard and Reserve.

## Volunteer Spirit



Courtesy photo

Military Services Manager Richard Rodriguez (left), American Red Cross at Fort Sam Houston and Michael Bennett, chief executive officer, San Antonio Area Chapter, present long-time volunteer Val Martinez with a certificate of appreciation June 26, at the Red Cross building on Fort Sam Houston. Martinez has volunteered at the Red Cross for 16 years.



## Stage 2 Landscape Watering

Watering with an irrigation system or sprinkler is allowed only once a week from 3-8 a.m. and 8-10 p.m. on your designated watering day as determined by your address:

Last Digit of Street Address	Watering Day
0 or 1	Monday
2 or 3	Tuesday
4 or 5	Wednesday
6 or 7	Thursday
8 or 9	Friday
No watering on weekends with a sprinkler, soaker hose or irrigation system. Areas without a street address, such as medians and neighborhood entryways, water on Wednesday.	

### VOLUNTEERS from P10

a loved one receives treatment. For the past 14 years, they’ve raised money to send children traumatized or disfigured by burns to Camp David Children’s Camp, free of charge.

Dedicated to providing therapeutic and financial support to burn survivors in several programs, the Jaynes began volunteering at the BAMC Department of Ministry Volunteer Program in 1980.

Today, the Jaynes volunteer in various ways. Three years ago, they raised money to purchase and deliver washers and dryers for about 15 Families, when they learned the warriors needed help sanitizing items stained by their wounds. The level of giving continues year after

year.

Additionally, they’ve raised up to \$10,000 a year to fund an ongoing mosaic table building activity to help warriors with burned hands improve dexterity and mobility; cooked meals for wounded warriors and the burn unit staff; and served Families in the burn unit waiting room.

“They are the living image of healing, hope and volunteerism,” said Veilleux. “David claims that Jane is the heart of their life of service. Jane will always claim David is the backbone to their life of service.”

The couple says with joy. “It is nothing. This is what we do,” though.

In November 2004, Meyer joined BAMC Retirees Activities Group, an organization that pro-



Caremobile Coordinator, retired Navy Master Chief Petty Officer Tony Meyer checks on Carl Thompson, one of 44 Caremobile drivers assigned to transport warriors and their Families to and from the Fisher House, Center for the Intrepid, barracks and Powless House. In 2007, Meyer introduced the Warrior Express Program which transports more than 2,500 warriors per month.

vides the services of over 200 volunteers to serve the hospital. He signed up to transport patients in golf carts to and from the parking lots to the hospital.

A driver with the BAMC Caremobile Program, Meyer found meaning in his work, but realized there were some transportation needs unmet, such as, warrior

amputees needing roundtrip rides from BAMC to the Fisher House and the Center for the Intrepid, while burn survivors needed added protections from the sun.

“I saw a need, and realized it was the right thing to do,” said Meyer, who acquired more golf carts, recruited more volunteers and expanded the program to meet the demand.

Again in 2007, Meyer introduced the Warrior Express Program to transport more than 2,500 warriors per month to and from the Fisher House, barracks, Powless House and the CFI.

“He is a hard working leader who is dedicated to the BAMC mission and who is always making improvements to BRAG and the Caremobile Program,” Veilleux said. “Tony is passionate about serving patients in the parking lot. He often works five days a week

driving from Floresville to San Antonio to train new drivers.”

On an average, Caremobile drivers transport from 8,000 to 11,000 people a month with the use of 12 golf carts and 44 drivers. Today, Meyer is the president of BRAG, Caremobile Coordinator and serves as a tour guide for Center for the Intrepid.

“I love my country and Texas. Volunteering at BAMC is where I belong,” said Meyer, whose burgundy vest is covered in patches and lapel pins. Two distinct pins: 2,000 hours volunteered and 3,000 hours volunteered are displayed on the left side of the vest.

“Serving warriors and being with military staff is my life and my legacy,” said the 32-year Navy veteran. “Working for the warriors as a volunteer is not a sacrifice – it’s a blessing.”

## Sports

### Triathlon #4

Fort Sam Houston Sports and Fitness Branch will host Triathlon # 4 on July 19, at 6:45 a.m., Jimmy Brought Fitness Center. Participants may register at the JBF, call 221-1234.

### “For the Soldier” Golf Tournament

The Alamo Chapter-Association of the U.S. Army will sponsor a “For the Soldier” golf tournament July 20, 1 p.m., Fort Sam Houston Golf Course, on the recently remodeled Salado Del Rio course. Tournament supports Soldiers and community programs. Players sign up early as

a team or individually at [www.alamochapterausa.org](http://www.alamochapterausa.org) or pick up a registration form at the Fort Sam Houston Golf Course Pro Shop. Call 383-2728.

### Fort Sam Houston Post Flag Football

Tryouts held July 27-31, 6 p.m. at Leadership Field. Coaches needed! Anyone interested in coaching send resumes to Earl Young, 1212 Stanley Rd. Ste 20, Fort Sam Houston, TX 78234 or drop off at the Brigade Gym. Resumes NLT July 20. Call 221-3003.

### Swim Lessons

The Fort Sam Houston Aquatic Center and the American Red Cross will hold swim lessons for

children 16-years and under. All sessions have two classes, 9-9:45 a.m. and 11-11:45 a.m. All sessions have a parent and child class at 11:15-11:45 a.m. for children 4-years-old and under. Each session includes eight days of lessons, class photo, T-shirt and a certificate of completion. Fees are \$40 for ages 16 and under and \$35 for Parent Child classes. Register at the Aquatic Center 11 a.m.-7 p.m. Call 221-1234 or 221-4887.

### Fort Sam Houston Judo Club

The Fort Sam Houston Judo Club meets Sat., 10 a.m.-noon and Wed., 7:30-9 p.m. Must have a USA Judo membership. Call 279-1742.

## Big Catch



Photo by Lt. Col. William A. McCaskill

Master Sgt. Dennis M. Liska (center), A Company, Warrior Transition Battalion, won the Trout Division at the Hunts for Heroes Fishing Tournament July 11, in Sargent, Texas, with his 24-inch, 4.62-pound Speckled Trout. Accompanying Liska is boat captain Bill Brannen and deckhand Winnie Langley. Twenty-nine wounded warriors assigned to the Warrior Transition Battalion and their Family members participated in the day-long tournament according to Hunts for Heroes originator Billy Hodges. Hunts for Heroes is a non-profit organization dedicated to providing quality hunting and outdoor related activities to wounded warriors and their Families. The next Hunts for Heroes event is a dove hunt in South Texas this fall. Events are open to wounded warriors and their Families. For more information, call the Warrior and Family Support Center at 241-0811.





Announcements

**Apprenticeship program**  
The HIRED! Apprenticeship Program provides 15-18 year-olds with meaningful, professionally-managed career exploration opportunities in Family and Morale, Welfare and Recreation operations, offering paid work experience and training. Call Child, Youth and School Services, at 221-4871.

**Youth horsemanship camp**  
The Fort Sam Houston Equestrian Center hosts a camp for children ages 7-17, 9 a.m.-3 p.m. Camp dates are July 13-17, 20-24, 27-31; Aug. 3-7. Cost of each session is \$195. A \$25 non-refundable deposit is due at registration, which is ongoing. Call 224-7207.

**H.U.G.S. playgroup**  
H.U.G.S. playgroup for parents and children birth to 5 years old meets each Tues., 9-11 a.m. at Dodd

Field Chapel, Building 1721 for interactive fun play. Registration is not required. Call 221-0349 or 221-2418.

**Lunchtime matinee**  
The Harlequin Dinner Theatre will host a “Legends of Las Vegas,” lunchtime matinee, every Sat., 11 a.m.-1:30 p.m. Matinee is open to the public. Tickets \$25/civilians, \$23/military with valid I.D., student and group rates available. Doors open 11 a.m. for general admission seating. Call 222-9694.

**“Powerhouse Divas”**  
The Harlequin Dinner Theatre presents “Powerhouse Divas,” a dynamic cabaret-style lounge act. Performances are Sat. 10:15 p.m.-2 a.m. through Aug. 29. A cover charge of \$3 for military with a valid I.D. card or \$5 for all others applies. A full service cash bar is available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke follows the show. Call 222-9694.

**New hours for the Library**  
The Keith A. Campbell Memorial Library will extend its operating hours beginning Sept. 1, Tues.-Fri. 9 a.m.-8 p.m.; Sat.-Sun. 11 a.m.-8 p.m.; Closed Mon. and holidays. Call 221-4702.

**EFMP Support Group**  
Army Community Service

Join Us As We Celebrate

# Military Family Appreciation Day

**Lackland Bowling Center**  
Tuesday, June 30  
11 a.m.—5 p.m.

**Fort Sam Houston Bowling Center**  
Tuesday, July 21  
5 p.m.—9 p.m.

**Randolph Bowling Center**  
Monday, August 3  
5 p.m.—9 p.m.

**Pizza**

**Giveaways**

**Bowling**

*This event is free and open to all Active Duty, Reserve, and Retired Military personnel and their families!*

**Please call 210-221-9904 for more details.**

**This event is proudly sponsored by Disney and the USO.**

Federal Endorsement of Sponsor not Intended

USO: United Every One Comes Home!

Exceptional Family Member Program offers a support group each Wed., 6-7:30 p.m. at School Age Service, Building 1705, Dodd Blvd. Open to Soldiers and military Families with special need members. MELD Special provides childcare and dinner. To register, call 221-2604.

**Issues needed for AFAP 2009 Conference**  
People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference to be held Oct. 21-23. Issues can involve housing,

childcare, recreational activities, post security or any other areas of concern important to quality of life. No issue is considered insignificant or unimportant. Issue forms are located throughout the post, at Army Community Service, Building 2797 or e-mail samh.afap@conus.army.mil. Call the AFAP program manager at 221-0275.

**Calendar of Events**  
**JULY 16**  
**General resume writing**  
Family Readiness Employment will offer a general resume writing class from 8 a.m.-12 p.m. at ACS, Building 2797. To register, call 221-0516 or 221-0427.

**Financial Readiness Classes**  
Army Community Service Financial Readiness will offer a Mandatory Initial 1st Termer Financial Readiness class at 10 a.m., at ACS, Building 2797. Class space is limited. To register, call 221-1612.

**Negotiating Conflict**  
Family Advocacy will offer a class on negotiating conflict from 11 a.m.-12:30 p.m. at the Army Community Service, Building 2797. To register, call 221-0349 or 221-2418.

**New S.T.E.P. for early childhood series begins**  
Family Advocacy will offer a S.T.E.P Program for Parents: Early Childhood series from 11 a.m.-12:30 p.m. at Dodd Field Chapel, Building 1721. This is the first of a four-part series held Thursdays for four weeks. To register, call 221-0349 or 221-2418.

**Insurance class**  
Financial Readiness will offer an insurance class at 1 p.m. This class will

See MWR P23

**MWR from P22**  
explain the different policies that exist and which one you might need at different stages of life. Class space is limited. To register, call 221-1612.

**JULY 17**  
**Margarita & Manicure**  
You're invited to the Sam Houston Club's Margarita & Manicure event, 4 p.m.-7 p.m. Reservations are preferred. Walk-ins are welcome subject to availability. Tickets are \$12, which includes manicure service plus one complimentary drink. To register, call 224-2721 or 226-1663.

**JULY 19**  
**Bicycle rides**  
Ride with Family Morale, Welfare and Recreation through historic Fort Sam Houston at 8 a.m. beginning at the Quadrangle. Future rides are scheduled for Aug. 1 and Sept. 19. Call 221-1180.

**JULY 20**  
**Excel Level I**  
Microsoft Office 2007 Excel Level 1 will be held from 8 a.m.-12 p.m. at

Army Community Service, Building 2797, in the computer lab. Basic computer skills are required as well as pre-registration. Call 221-2518 or 221-2705.

**Pre-deployment training**  
Mobilization and Deployment will hold a pre-deployment training from 9 a.m.-3 p.m. at Army Community Service, Building 2797. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Identity theft class**  
Army Community Service Financial Readiness will offer an identity theft class from 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

**JULY 21**  
**Key Caller training**  
Mobilization and Deployment will offer Key Caller training from 9-10:30 a.m. at Army Community Service, Building 2797. This training will define the responsibilities of the Family Readiness Group Key Caller. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**ACS Outdoor Movie Night**

ACS's Outdoor Movie Night will feature “Harry Potter and the Order of the Pheonix” July 17 at about 8:30 p.m. at the main post flagpole and “Open Season 2” July 18 at Dodd Football Field. Bring the Family out for these Family friendly films and don't forget the lawn chairs! Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 7 p.m.

**Women Encouraging Women**  
Women Encouraging Women will meet from 11 a.m.-12 p.m. at Army Community services, Building 2797, the topic is “Who's Filling Your Gas Tank?” The monthly support group discusses issues facing women in today's society. Call 221-0349 or

221-0600.

**Baby Talk**  
New Parent Support Program will offer “Baby Talk” at 2 p.m. at Dodd Field Chapel. This class is an informative discuss group for parents with children age birth to 12 months. The discussions centers around developmental and behavioral changes in a newborn's life. Light snacks and drinks are provided. Call 221-0349 or 221-0655.

**Consumer awareness**  
Army Community Service Financial Readiness will offer a consumer awareness class from 2-4 p.m. at Building 2797. Learn how to protect yourself against identity theft and computer fraud. Be aware of common frauds and scams, particularly those that target military personnel. Leave the class with confidence in your ability to enter contracts and make large purchases. Class space is limited. To register, call 221-1612.

**JULY 22**  
**Excel Level 2**  
Microsoft Office 2007 Excel Level 2 will be offered from 8 a.m.-12 p.m.

at Army Community Service, Building 2797, in the computer lab. Excel Level 1 and basic computer skills are required as well as pre-registration. Call 221-2518 or 221-2705.

**Bringing Baby Home**  
Army Community Service Family Advocacy Program will offer a Bringing Baby Home class July 22 and 29 from 8 a.m.-12 p.m. at the Red Cross, Building 2650. This two part class will teach new parents how to care for a newborn baby. To register, call 221-0349 or 221-2418.

**Financial Readiness Classes**  
Army Community Service Financial Readiness will offer a Mandatory Initial 1st Termer Financial Readiness class at 12 p.m. at the Learning Center. To register, call 221-1612.

**Youth Hunter Education**  
Camp Bullis Recreation Area in conjunction with Texas Parks and Wildlife will host a Youth Hunter Education Course July 22, 5-7 p.m. Youth must be at least 12 years old to be certified by the Hunter

Education program. To register, call 295-7577.

**JULY 23**  
**Couple's Enrichment**  
Family Advocacy will offer the start of a new Couples Enrichment class from 5:30-7 p.m. at Army Community Service, Building 2797. This three part class centers on reconnecting with your partner. Part one will discuss gender differences and communicating effectively, part two focuses on commitment, and part three strives to enhance intimacy.


**JULY 24**  
**Dive in Movie Night**  
The Fort Sam Houston Aquatic Center will host a Dive in Movie Night, starting at 8:30 p.m., Building 3300, William Rd. Event is free and open to all DoD card holders. The movie of the night is “Surf's Up.” Patrons may use only inner tubes or water noodles, rafts and floaties will not be permitted in the pool. Concessions will be available for purchase. Call 221-4887.



# REMINDER CALENDAR

July 19	Triathlon #4, 6:30 a.m., Fort Sam Houston Aquatic Center
July 19	Gazebo concert, 6 p.m. social, 7 p.m. concert
July 23	314th MI Battalion change of command, Lackland AFB
July 28	Newcomers Extravaganza
July 28	Soldiers Show, 7 p.m., Laurie Auditorium
July 30	Consolidated retirement ceremony
July 30	U.S. Army Dental Activity change of command, 10 a.m., Army Community Service
Aug. 1	Post Flea Market, 7 a.m.-1 p.m., MacArthur Parade Field parking lot





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# Community

## Announcements

### Fort Sam Houston Night at the Missions

The San Antonio Missions Baseball will host a Fort Sam Houston Night every Saturday home game during the season. Tickets are \$6 and include a reserved seat in the Fort Sam Houston section. Tickets may be purchased through the Morale Welfare and Recreation Ticket Office located in the Sam Houston Club, Building 1395, Chaffee Road. Call 226-1663.

### Sergeant Audie Murphy Club

Hosts a study group for the boards Tues. and Thurs., noon to 1 p.m., Building 1394, Room 215. Call 221-4028.

### Tutoring available

The Fort Sam Houston Education Center offers tutoring in the subjects of Freshman English Composition and College Algebra to service members and their spouses, every Mon.-Wed.-Fri., 11:30

a.m.-1 p.m., on an appointment and first-come first-served basis. Call 221-1738.

### Volunteer at SAMM Shelter

The Fort Sam Houston Black Employment Special Emphasis Program committee is committed to helping others. The committee adopted the San Antonio Metropolitan Ministry (SAMM) Shelter as one of its community outreach projects. Call 221-7709.

### SAT and ACT Test Prep Software

Members of military Families or veterans interested in receiving free SAT/ACT PowerPrep™ software, visit: [www.eknowledge.com/military](http://www.eknowledge.com/military).

### NAIMES Student Spotlight Award

The National Association of Institutions for Military Education Services (NAIMES) and MBS Direct LLC are pleased to announce the 2009 NAIMES Student Spotlight Award program. The award recognizes students, undergraduate or graduate, who demonstrate excellent academic achievement in

pursuit of their college education. Eligible participants are active duty personnel from all service branches, using tuition assistance funding through the Voluntary Education program. ROTC students, military academy students and, those who are using special tuition assistance programs are not eligible. Submit an application and project to compete for one of three \$1,200 cash awards. The application period is April 15-Sept. 1. Applications must be completed on the NAIMES Student Spotlight Award form, visit <http://www.naimes.org>.

### School supply drive

Alamo City Chapter, American Society of Military Comptrollers, will sponsor a "Back to School" drive from July 15-Aug. 30 for the Dare to Love Foundation, Child Protective Services.

To make a donation of school supplies, call 536-2067 at Brooks-City Base; 221-1309 at Fort Sam Houston; 292-7364 at Lackland AFB; or 652-4408 at Randolph AFB.

## Calendar of Events

### JULY 16

#### American Society of Military Comptrollers

The Alamo Chapter of the American Society of Military Comptrollers will host a luncheon July 16, 11 a.m.-1 p.m. at Pico de Gallo Restaurant, 111 S. Leona, San Antonio. The guest speaker is retired Col. Mark Donahue, the topic will be "Program Management." Michael Pukansky and Vaughn

Caudill will receive \$400 Comptroller Employee Scholarships. Call 536-2067.

### JULY 18

#### Fame National Talent Search

Fame National Talent Search will be held July 18 and 19 at 6 Flags Fiesta TX. Registration starts July 18 and 10 winners will be chosen to compete July 19 to go to Los Angeles for the finals. One lucky winner will be chosen. Visit [www.generationfame.com](http://www.generationfame.com).

### Festival de Galvez

Festival de Galvez will be held July 18, 5-7:30 p.m. at Mission San Jose, 6701 San Jose Drive, San Antonio. The free event includes hands-on activities and programs about San Antonio's contributions to the United States fight for independence. Visit [www.nps.gov/saan](http://www.nps.gov/saan).

### CFAS Classes

The Red Cross is offering a Cardiopulmonary Resuscitation, 1st Aid and Automated External Defibrillator class July 18, 9 a.m.-6:30 p.m., fee is \$55 to register. Call 582-1931 or visit [www.saredcross.org](http://www.saredcross.org).

### World War II Vets, Historians Recall Epic Battles

The public is invited to attend readings by WWII veterans at the Camp Mabry Museum, Austin, July 18-19, 9 a.m.-4:30 p.m. Call 512-782-5659.

### JULY 19

#### Fort Sam Houston MWR Leisure Bicycle Rides

See COMMUNITY P25

### COMMUNITY from P24

Ride with MWR through historic Fort Sam Houston beginning at the Quadrangle at 8 a.m. We will travel along MacArthur Parade field where the first military flight took place, visit the Quadrangle, the original fort of Fort Sam Houston and where Geronimo was held captive, and ride past Old Brooke Army Medical Hospital (BAMC). Helmet required. All ages welcome. MWR has bikes available on a first-come first-serve basis at the Outdoor Recreation Center. Future rides are scheduled for, Aug. 1, and Sept. 19. Call 221-1180.

### JULY 20

#### Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association meets at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd (near Loop 410). Active, retired, Reserve, National Guard and Family members of current or retired warrant officers are invited. Contact CALL 295-6596 OR 666-9818.

### JULY 23

#### MOAA Alamo Chapter

Military Officers Association of America

Alamo Chapter will host a luncheon July 23, 11 a.m. social hour, 11:45 a.m. lunch at the Randolph Parr Officers Club. The guest speaker is retired Maj. Gen. Alfred Valenzuela. Menu choice is chicken Marcela, \$12 or London broil \$13. Reserve by July 20. Call 228-9955 or e-mail [moaa-ac@sbcbglobal.net](mailto:moaa-ac@sbcbglobal.net).

### Home Buyers, Sellers Seminar

Held 1-3:30 p.m. at Army Community Service, Building 2797, Stanley Road. Guest speakers will be members of the San Antonio Board of Realtors and the Texas Veteran Land Board. This event is co-sponsored by the Fort Sam Houston Housing Services Office and the Randolph Air Force Base Housing Referral Office. Call 221-8539 or 295-8519; or 652-3209/1840.

### Concerts Under the Stars

The San Antonio Botanical Garden will hold a concert July 23 at 7 p.m. featuring Henry Brun and the Latin Playerz. Admission is \$5. Call 829-5100 or visit [www.sabot.org](http://www.sabot.org).

### JULY 24

#### Dive in Movie Night

The Fort Sam Houston Aquatic Center

is hosting a Dive in Movie Night, July 24, 8:30 p.m., Building 3300, William Rd. This event is free and open to all DoD I.D. card holders. The movie of the night is "Surf's Up." Patrons may use only inner tubes or water noodles as floatation devices. Rafts and floaties will NOT be permitted in the pool. Concessions will be available for purchase. Call 221-4887.

### JULY 30

#### Babysitting Classes

The Red Cross is offering a babysitting class for ages 11-15, July 30-31, 9 a.m.-4 p.m. Fee is \$55, must attend both days. To register, call 582-1931 or visit [www.sared-cross.org](http://www.sared-cross.org).

### AUG. 1

#### Community cleanup project

The American Society of Military Comptrollers will sponsor a community cleanup project Aug. 1, 9 a.m.-12 p.m. at the Sunshine Plaza Apartments, 455 E. Sunshine Drive, San Antonio. Volunteers are needed to wash the outside front window of every apartment on this three-story building. Families and friends of ASMC members are welcome. Lunch will be served; volunteers to serve meals are also needed. Call 590-7460 or 573-6702.

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday - July 17

#### Lunch - 11 a.m. to 1 p.m.

Grilled steaks, fried catfish, jambalaya, fried chicken, spicy baked fish, macaroni and cheese, red beans and rice, baked potatoes, steamed broccoli, fried cabbage, LA-style smothered squash

#### Dinner - 5 to 7 p.m.

Barbecued chicken, meat loaf, vegetable stuffed peppers, grilled chicken breast, scalloped potatoes and onions, steamed rice, baked potatoes, season turnip greens, steamed beets, French fried okra

### Saturday - July 18

#### Lunch - noon to 1:30 p.m.

Beef lasagna, baked chicken, breaded veal steaks, cheese tortellini, baked sweet Italian sausages, lyonnaise rice, baked potatoes, mashed potatoes, steamed peas and carrots, stewed tomatoes, steamed zucchini squash

#### Dinner - 5 to 6:30 p.m.

Stuffed pork chops, Swedish meatballs, vegetable lasagna, grilled pork chops, tri-colored rotini noodles, steamed rice, baked potatoes, steamed spinach, steamed cauliflower, steamed yellow squash

### Sunday - July 19

#### Lunch - noon to 1:30 p.m.

Meat loaf, spicy baked fish, potatofrittata, roast turkey, candied sweet potatoes, baked potatoes, savory bread dressing, steamed corn, steamed broccoli combo, steamed green peas and mush-

#### Dinner - 5 to 6:30 p.m.

Fried catfish, honey ginger chicken, beef lasagna, vegetable lasagna, steamed rice, baked potatoes, O'Brien potatoes, steamed green beans, French fried cauliflower, steamed beets

### Monday - July 20

#### Lunch - 11 a.m. to 1 p.m.

Chicken cacciatore, mustard dill baked fish, spaghetti and meatballs, barbecued beef cubes, cheese manicotti, buttered egg noodles, mashed potatoes, baked potatoes, spaghetti noodles, carrots Normandie, steamed asparagus, eggplant parmesan

#### Dinner - 5 to 7 p.m.

Roast pork, Salisbury steaks with brown gravy, cheese tortellini, chicken parmesan, spaghetti noodles, baked sweet potato halves, steamed rice, green beans nicoise, steamed mixed vegetables, steamed cauliflower

### Tuesday - July 21

#### Lunch - 11 a.m. to 1 p.m.

Beef enchiladas, cheese enchiladas, chicken in orange sauce, fried catfish, roast beef, refried beans with cheese, parsley buttered new potatoes, steamed rice, baked potatoes, Mexican corn, steamed broccoli, seasoned lima beans

#### Dinner - 5 to 7 p.m.

Baked chicken, baked stuffed fish, beef fajitas, breaded veal steak, baked macaroni and cheese, mashed potatoes, steamed wild rice, seasoned pinto

beans, steamed carrots, steamed zucchini squash

### Wednesday - July 22

#### Lunch - 11 a.m. to 1 p.m.

Honey glazed Cornish hens, beef stroganoff, breaded pork chop, parmesan fish, cheese manicotti, lyonnaise rice, mashed potatoes, baked potatoes, buttered egg noodles, seasoned collard greens, steamed mixed vegetables, seasoned black-eyed peas

#### Dinner - 5 to 7 p.m.

Baked Polish sausage with sauerkraut, country-fried steak, baked ham with pineapple sauce, beef stir fry, barbecued chicken, mashed potatoes, steamed rice, cottage fried potatoes, corn O'Brien, steamed Brussels sprouts, steamed yellow squash

### Thursday - July 23

#### Lunch - 11 a.m. to 1 p.m.

Chicken chow mein, Yankee pot roast, savory baked chicken, blackened catfish, cheese ravioli, baked potatoes, steamed rice, parsley buttered new potatoes, steamed wax beans, Japanese vegetable stir-fry, steamed carrots

#### Dinner - 5 to 7 p.m.

Salisbury steaks, sweet and sour pork chops, fried shrimp, grilled pork chops, broccoli quiche, mashed potatoes, baked potatoes, fried rice, Chinese mixed vegetables, steamed spinach, stewed tomatoes

Menus are subject to change without notice





**Main Post Chapel, Building 2200, 221-2754**  
**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

**Dodd Field Chapel, Building 1721, 221-5010 or 221-5432**  
**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:** 8:30 a.m. - Sundays

**Brooke Army Medical Center Chapel, Building 3600, 916-1105**  
**Catholic Services:**

8:30 a.m. - Mass - Sundays  
11 a.m. - Mass - Sundays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

**Center for the Intrepid, first floor, 916-1105**  
**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6 p.m. - Contemporary worship - Sundays

**AMEDD Regimental Chapel, Building 1398, 221-4362**  
**32nd Medical Brigade Student services**  
**Catholic Mass:** 8 a.m. - Sundays  
**Contemporary Protestant Service:** 9:30 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

**Fort Sam Houston Library, Building 1222, 221-4702**  
**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays

**Installation Chaplain's Office, Building 2530, 295-2096**  
**Contemporary Protestant:** 11:01 a.m. - Sundays

**Web site: [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)**

# For Sale Fort Freebies

**Submission guidelines:**  
Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

**For Sale:** Gas-powered weed wacker, \$40; Fisher Price Power Wheels Escalade, \$125; glass top/metal bottom console table, \$20; computer desk \$15. Call 422-5090.  
**For Sale:** Dog kennel 4 feet high, new, \$200; Mark V ShopSmith, \$650; PowerPlus exercise Gazelle, \$175; AbDoer, \$15; HTC TouchPro telephone, \$200; three dining chairs on wheels, \$25 Ea. Call 618-8457.  
**For Sale:** Jeep Rubicon wheels, set of 5, like new, from a 2007 Jeep, rims only, \$450 set. Call 887-4630.  
**For Sale:** Kodak digital camera,

8MP, uses SD card, excellent condition, \$89; Emerson 20-inch flat screen HDTV, \$200; Pentair II pool cleaner, good condition, \$200. Call 697-9261 or 363-4056.  
**For Sale:** Ashley "Cottage Retreat" twin-size sleigh bed with mattress and box spring, \$300 obo. Call 666-2455.  
**For Sale:** Weider Crossbow 1500e fitness machine, similar to Bowflex, all attachments, leg extension unit, good condition, \$175. Call 241-6747.  
**For Sale:** Computer desk, mahogany, like new, \$85; leather swivel office chair, \$40; Oriental rugs, make an offer; Oriental lamp, make an offer. Call 262-3892.  
**For Sale:** Sofa and loveseat in good condition, floral design, sold separately or together; sofa \$55, loveseat \$45. Call 490-8786.  
**For Sale:** 2004 Craftsman garden tractor, 26 HP, 48-inch deck, six-speed transaxle, excellent condition, \$1,200. Call 830-914-2326.  
**For Sale:** Body-Solid power rack, model PPR200X, \$200 obo; IronMaster super bench, includes curl sit-up, preacher curl and leg attachments, \$290 obo; 300 pound

Gympak Olympic iron plates, \$200 obo; 7-foot Olympic chrome bar, \$100 obo. Call 430-8563.  
**For Sale:** 20.6 cubic feet GE non-frost refrigerator, \$225. Call 216-4027 or 907-440-1141.  
**For Sale:** Roper by Whirlpool heavy-duty extra-large capacity washer and dryer set, \$300 for both. Call 488-4538.  
**For Sale:** 80 gallon air compressor, like new, \$850; power washer, like new, \$235; Washburn bass guitar with amplifier, \$800 obo; 1962 Nova, good engine, new tires, \$1,800 obo; antique Honda motorcycle, needs repair, \$300. Call 440-5062.  
**For Sale:** Solid wood coffee table, \$95; riding lawn mower, \$495; bikes, \$35 each; Cardioglider, new, \$175; custom-made pet house, \$195 obo. Call 633-2247.  
**For Sale:** Office desk, \$75; two chairs, \$35; solid oak table, \$75; antique iron wheels, two for \$50; pipe roofing, various pieces and

prices. Call 550-7371.  
**For Sale:** Tahoe cargo security shade, \$75; Volvo dash mat, beige, \$30; small/medium truck bed extender, 4 feet wide, \$225; Stetson hat, brown, size 7, \$75; extra-large Igloo pet house with covered entrance, \$75. Call 221-2690.  
**For Sale:** 3 feet by 3 feet framed Korean flag, \$195; 3 feet by 3 feet framed and numbered ballet art, \$195; tap and ballet shoes and outfits, \$5 and up; dog dolls, with clothes, 24 inches, \$125; Evenflo baby back pack on frame, \$35. Call 633-3859.  
**For Sale:** Wood-grain wall unit entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; pillow back sofa and loveseat, earth tones, \$225; baby crib, needs refinishing, \$25; small microwave, \$25; Replogle Hastings tabletop globe, \$30. Call 371-7833.

*Thought of the Week*  
Some people need to be more patient, and some people need to be less patient.  
— Michael Levine  
(Source: Bits & Pieces, June 2009)